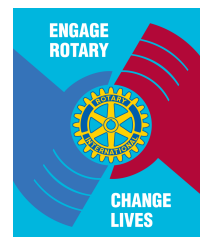


CogNotes

The Rotary Club of Swarthmore
July 25, 2013

July is **Rotary Installation** Month



**Improving Lives in Communities
Locally and Around the World for over 75 Years**

Rotary International President Ron D. Burton
District 7450 Governor Charles Streitwieser
Assistant Governor George Whitfield

2011-2012 Board

President

President-Elect

Club Administration

President-Nominee

Immediate Past President

Secretary

eSecretary

Treasurer

Sergeant-at-Arms

Budget Chair

New Media Chair

Program and Meetings

Membership

Retention/Attendance

Public Relations

Community Service

Grants Chair

International Service

Vocational Service

Youth Service

Special Projects

Rotary Foundation

Gundaker

Charitable Trust

CogNotes Editors

Hillard Pouncy

Perri Evanson

Marv Gelb

Joe Lesniak

Brian Craig

Steve Laxton

Brian Casey

Josh Twersky

Dean Wolfe

Marty Spiegel

Joe Lesniak

Ann Seidman

Lisa Lee

Cathy Darrell

Gudmund Iversen

Ken Wright

Bill Baldwin

Anne Hansen

/Ray Hopkins

Randy Winton

Ron Van Langeveld

Betty Ann Flynn

Craig Fava

Steve Laxton

Brian Craig

Lisa Lee/Jim Leming

Today's Program:

Joan Wright and Joe Lesniak
Classification Talks

Table Grace

We pause for this moment,
Good Lord, not out of routine
or habit but prompted by
gratitude for all the common
blessings we enjoy which are
so often denied others.

How can we thank you, except
by beginning now to make
Rotary's ideals a reality?

Thanks be to you for all your
good gifts.

Amen.

The Rev. Dr. Frederick E. Christian

Coming Program & Events

**Aug 1 John Alston, Founder of the
Chester Children's Chorus**
"Developments in Chester"

**Aug 8 Margie Baker, Master
Gardener**
"All about Tomatoes"

*Know someone who might have interest in
one of our upcoming topics? Invite them to
the meeting that day! They might be a
prospective member.*

The Pledge of Allegiance



Four Way Test:

Of the things we think, say and do;

1. Is it the Truth?
2. Is it Fair to all concerned?
3. Will it build GOOD WILL and BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?



Last Week's Speaker—Kevin Barr, acupuncturist by Joy Charlton

Kevin Barr described to us the logic and practice of acupuncture for improved health. Human bodies are characterized by energy flows that exist in patterns, are always changing, and are always best in balance. Acupuncture works with the energy flow, serving as catalyst and stimulator to help move energy if blocked or bring energy where it's needed. Tools include tiny (painless) needles used along energy meridians or pathways, ceramic spoons, tuning forks, cupping, heat, diet and lifestyle changes. Not a substitute for other western medical practices, acupuncture is increasingly integrated into other forms of care, especially for the management of pain, providing an integrated approach to harmony in human systems.



Kevin, with extensive training and a Master's degree in acupuncture, has a private practice, sharing working space at "Wellness on Park" above Paulsen's Carpets on Park Avenue. 484-494-3172.

Guests Last Week

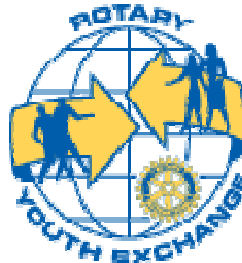
Help needed for the Youth Exchange Program

From Donna Henry, Chair, Youth Exchange Program
Contact: 215-292-1254 or dmhphilly@aol.com

This is a busy time of year for the Youth Exchange Program (YEP) committee and there are a couple of things we could use your help with.

- We are looking for a host family to host a 16 year old girl from Germany for the periods August 2013–January 2014 and January – June 2014. She will be attending Science Leadership Academy at 22nd and Race, a magnet school, so she can live anywhere in the district. She is being hosted by the Rotary Club of Eastwick.
 - We need a school for a boy from Belgium who graduated from high school this past spring. He will also need a host family in the same school district.
- O We will have eight other students who will be going to the following schools. The students cannot switch schools once they are here. If you are interested in hosting any of the students please let Debbie McDowell, Inbound Coordinator know. She can be reached at debbie_mcdowell@vwr.com. Feel free to share this information with friends and family.

Home Country	Gender	Host Rotary Club	High School
Brazil	boy	Westgrove/Avondale	Avon Grove
Germany	girl	Philly-Eastwick	
France	girl	West Chester	Downingtown West
Spain	boy	Great Valley	Great Valley
Sweden	girl	Main Line	Conestoga
Germany	boy	Longwood	Unionville
Hungary	boy	Ardmore	Lower Merion
Taiwan	girl	West Chester	Henderson



Happy Dollars Total for 2013-14

\$94



2012-13 Total: \$2345
2011-12 Total: \$2345
2009-11 Total: \$2586

(12227 Children Immunized)

All Proceeds to Polio Eradication.

Service Quotation

“To serve is beautiful, but only if it is done with joy and a whole heart and a free mind.”

– Pearl S. Buck (1892-1973) American Novelist

Follow us at:

www.twitter.com/SwarthmoreRC



Anniversaries

Rotary:

Maria Zissimos July 28 2 yrs

Wedding:

Craig Fava July

Rotary Night at the Union – September 14

District 7450 End Polio Now Committee has 200 tickets to sell for the September 14 major league soccer game at PPL Stadium in Chester to raise funds for polio eradication. Tickets are \$30 per person and \$10 will be contributed to the “End Polio Now” Fund of the District. Rotarians who sell tickets will receive \$10 credit per ticket for their Club’s “End Polio Now” Fund.

The festivities will begin at 5 p.m. with a complimentary tailgate party on the beautiful grassy knoll adjacent to the stadium and overlooking the magnificent Delaware River. Once again, the Rotary Club of Chester is hosting the tailgate party before the 7:30 p.m. game in which Philadelphia Union will play the Houston Dynamos. It’s the only Union home game during September, so bring your younger soccer players to see how they do it in the majors while they are playing fall soccer. They’ll be blown away by the ball handling on the field and the enthusiasm of the Sons of Ben soccer fans in the stands.

Tickets for the event can be ordered from Bronwyn Martin at: District7450.bronwyn@gmail.com. Parking in section B is conveniently located adjacent to the tailgate area and the PPL stadium is easy to get to directly off I-95.



Rotary Installation



Last week Membership Chair Lisa Lee installed new members Scott Cooper and Elma Jones as their sponsors, Betty Ann Flynn and Putty Willets, respectively, look on.



Putty and Betty Ann give new members Elma and Scott their Rotary Pins

